



Greenmount National School

Healthy Eating & Physical Activity Policy



Consultation Group

During the 2014-15 school year, the Greenmount NS Green Schools Committee worked with CIT Sports Policy students to develop the following document. Questionnaires were given to each class, teachers and parents were consulted at the parent teacher meetings. The findings were analysed to develop this Healthy Eating and Physical Activity Policy for the Greenmount NS Community.

Vision

For Greenmount NS pupils to achieve their full potential; to eat healthy and to establish good healthy eating habits, together with regular physical activity, to help them to live long, healthy and happy lives.

Objectives

- To provide a written policy for children, teachers and parents of Greenmount NS to adopt and implement.
- To promote the health of Greenmount NS children through healthy eating & physical activity.
- To support and improve children's knowledge and understanding of the importance of healthy eating and physical activity.

Rationale

- The high levels of overweight and obesity among Irish children.
- The decreasing levels of physical activity and fitness among Irish children.
- Children's learning ability is positively affected by healthy eating and physically active lifestyle.
- The role of the school in contributing to family and community health and wellbeing.

Policy Implementation

- The policy will be published on the school website, distributed through the Parents Association and to all parents at the start of the school year.
- The Greenschool's Committee will distribute a copy of the policy to each class.
- All staff will support and promote the policy through regular verbal reminders and good example to the children.
- If children bring food/drinks that are not permitted or encouraged to school, they will be encouraged to save them for home and not to bring them again. If this persists the teacher will remind parents of the schools Healthy Eating and Physical Activity Policy.

Guidelines

- The following foods and drinks are not permitted in Greenmount N.S.: **chewing gum, chocolate bars, high sugar cereal bars, crisps, sweets, fizzy, sports or energy drinks.**
- Cans and glasses are not permitted on the premises for safety and litter reasons. Children must bring drinks to school in no spill containers.
- A **healthy snack** or meal comes from the lowest 4 shelves of the food pyramid:
 - They help children go, grow and glow!
- A **healthy drink** should contain no added sugar such as water or milk.
 - Water and milk will keep children hydrated and help to build strong bones.
- Friday is treat day, whereby each child is allowed **one small (fun sized)** treat from the top shelf of the food pyramid:
 - Other treat ideas include, some homemade slice of banana bread, plain biscuits, rice cakes, chocolate spread on crackers or a small chocolate yoghurt.

Role of Parents

- Provide healthy, well-balanced snacks and drinks for children.
- Encourage healthy eating at home.
- Inform the school of any child's special dietary needs.
- To adhere to this policy by not allowing their children to bring the following:
 - chewing gum
 - crisps
 - chocolate bars or high sugar cereal bars
 - sweets
 - sugary drinks such as fizzy, sports or energy drinks
- Encourage children to be physically active after school and at weekends

Role of Children

- To eat their school lunch and healthy snacks and drinks.
- To help make their lunch/snacks and remind parents/guardians of the Healthy Eating and Physical Activity Policy.
- Not to bring chewing gum, crisps, chocolate bars, high sugar cereal bars, candy or sugary drinks to school.
- To get at least 60 minutes of physical activity a day through walking or cycling, playing games/sports.

Role of School

- To promote and encourage Healthy Eating and Physical Activity.
- If children bring chewing gum, crisps, chocolate bars, candy, sweets or sugary drinks to school they will be encouraged not to bring them again. If bringing unhealthy food /drinks to school persists the teacher will remind parents of the school Healthy Eating and Physical Activity Policy.
- Increase and promote physical activity levels of each child through Physical Education, School Sport and Project Spraoi Activities.

Evaluation

- ✚ *The Green School's Committee will review the Policy when needed to ensure each class is adhering to the policy. This policy can be reviewed at anytime but will be reviewed by June 2016.*

Signed on behalf of the BOM: _____ Dated: 15th December, 2015

Chairperson of the Board of Management.